



# Aquatics

SUMMER 2016



Town of Warrenton  
Parks & Recreation Department  
800 Waterloo Road, Warrenton, VA  
540.349.2520  
[www.warrentonva.gov](http://www.warrentonva.gov)

NOW OFFERING  
**ONLINE**  
**REGISTRATION!**  
SEE PG. 1 FOR DETAILS

## Registering for swim lessons is as easy as 1 - 2 - 3!

1. Choose your Block - see page 3.
2. Choose your class based on age and ability level. See class descriptions on page 4.
3. Choose day(s) of the week and time slot based on the class and block of your choice, pages 5-9.

## Check out our Summer Specialty Aquatics Classes!

Junior Lifeguard - Page 9  
Lifeguard Certification - Page 10

## Now Offering Online Registration!

To access Online Registration, go to **<http://www.warfonline.com>** or scan code below



**If you've taken swim lessons at the WARF before,** you already have an account. Click the "Forgot Password/ Create Logins?" link and enter your email address. Your temporary password will be emailed to you with instructions on logging into your account.

**If it's your first time enrolling in swim lessons,** become a Guest and fill out the requested information. After you've created/accessed your account, you will be able to register for classes. Please note that the account should be created for the person taking the class.

**If you have problems or questions,** please call 540-349-2520.

# IMPORTANT INFORMATION:

## STUDENT PLACEMENT & ADVANCEMENT

Please read the descriptions of each class to register for the appropriate skill level. Each level is based on a progression of swimming skills and may need to be repeated until the student is comfortable enough with the skills to progress to the next level.

## PARENTS, GUARDIANS & GUESTS

During swim lessons, guardians may watch their children from the chairs on deck or the bleacher area. Patrons accompanying students in aquatics programs who would like to use the facility must pay general admission fees.

## GOGGLES

It is recommended that students not wear goggles while in lower level classes. Goggles can be worn in Levels 3, 4, & 5, once students are working on developing and improving their strokes.

## WAIT LISTS

If a class reaches the maximum number of participants, we will put you on a wait list and make every effort to either create an additional class or to add an aide to the existing class.

## CLASS MAKE-UPS

You may only attend classes for which you are registered. No make-ups are allowed in other classes. If the WARF cancels a class, every effort will be made to provide a make-up class.

## RETURNED CHECK FEE

Returned checks will result in a \$25 service fee. This fee will be payable by cash only. The WARF cannot re-deposit returned checks.

## WHAT IS A BLOCK?

A block is a period of time when lessons are offered.

## CANCELLATION AND REFUND POLICY

If you cancel your class prior to the close of registration, you will receive a credit for another class in another session. If the WARF cancels a class due to low enrollment and we cannot place you in another suitable class, you will receive a credit to another class in another session. If you are not able to participate in another session, please fill out a refund request form to be reviewed by management staff. Please allow 2-3 weeks for a check refund. If you cancel your class prior to the close of registration you will receive a refund minus a \$10.00 cancellation fee. No refunds are available once class has started.

## CLASS MINIMUM REQUIREMENTS

All classes must meet the minimum number of participants requirement. If your class selection does not meet that requirement, you will be notified by phone or email prior to the scheduled start date. All classes that do not have the minimum number of participants will a) be combined with another similar class to meet the minimum requirements or b) be cancelled. If you have indicated on your registration form a second choice of class, we will move your child to that class and notify you of the change.

## DIAPERS

Non-potty trained participants must wear snug fitting plastic pants and/or swim diapers under swim suit – no disposable or cloth diapers, please.

# Summer 2016

## BLOCKS & DATES

Block	Days	Number of Classes	First Class	Last Class	Registration Opens/Closes		Holiday (no class)
<b>Block 1</b>	M, Tu, W, Th	8	6-Jun	16-Jun	24-Feb	30-May	
<b>Block 2</b>	Mon & Wed	8	6-Jun	29-Jun	24-Feb	30-May	
<b>Block 3</b>	Tues & Thurs	8	7-Jun	30-Jun	24-Feb	30-May	
<b>Block 4</b>	Fridays or Saturdays	8	10-Jun 11-Jun	5-Aug 6-Aug	24-Feb	3-Jun	1-Jul 2-Jul
<b>Block 5</b>	M, Tu, W, Th	8	20-Jun	30-Jun	24-Feb	15-Jun	
<b>Block 6</b>	M, Tu, W, Th	8	11-Jul	21-Jul	24-Feb	6-Jul	
<b>Block 7</b>	Mon & Wed	8	11-Jul	3-Aug	24-Feb	6-Jul	
<b>Block 8</b>	Tues & Thurs	8	12-Jul	4-Aug	24-Feb	6-Jul	
<b>Block 9</b>	M, Tu, W, Th	8	25-Jul	4-Aug	24-Feb	20-Jul	

## FEES

	Fee
<b>Parent &amp; Child 30 minute classes</b> <b>Preschool 30 minute classes</b>	\$67.00
<b>Youth 40 minute classes</b> <b>Adult 40 minute classes</b>	\$86.00
<b>Late Registration Fee</b>	\$10.00
<b>Transfer Fee</b>	\$5.00

# Class Descriptions

## parent & child 1 (6 - 18 months)

**Water Firsts!** Explore the wonders of the water through songs, toys and games. Adults learn proper holding techniques to provide a safe, secure and fun environment for their little ones.

## parent & child 2 (18 months - 3 years)

**Attention brave toddlers!** Focusing on water safety, caring adults assist children to work toward independence, buoyancy and locomotion water skills through songs, toys and games.

## preschool 1 (ages 3-5 years)

**Preschooler new to swim lessons?** While enjoying the water and gaining confidence, preschoolers learn basic skills including getting their faces wet, blowing bubbles and floating.

## preschool 2 (ages 3-5 years)

**Do you have a preschooler who doesn't mind getting their face wet?** This class works on transitioning the preschooler into independent performance of skills. Skills include gliding, floating and using combined arm and leg actions. Skills can be performed with assistance from instructor.

## preschool 3 (ages 3-5 years)

**Is your preschooler water savvy and ready to swim unassisted?** This class is for the independent preschooler. Preschoolers work on swimming 3-5 body lengths and floating on their backs for 15 seconds unassisted.

## youth 1 (ages 6 - 14 years)

**Is your child new to swim lessons and in need of a gentle introduction?** Swimmers learn water safety skills, breathing, buoyancy, basic locomotion and gliding 2 body lengths.

## youth 2 (ages 6 - 14 years)

**Does your swimmer love to jump into the water?** Swimmers continue water safety skills, breathing, buoyancy, locomotion and increase gliding skills to 5 body lengths and floating on their backs for 15 seconds. Rotary breathing, front, tuck and jelly fish floats are introduced.

## youth 3 (ages 6 - 14 years)

**Ready to develop your inner swimmer?**

**Does your swimmer swim front crawl 15**

**yards?** Your swimmer will expand their stroke development with addition of elementary backstroke, scissor and breaststroke kicks. Swimmers strive to improve their endurance, buoyancy, rotary breathing and front crawl. Progression of diving is introduced.

## youth 4 (ages 6 - 14 years)

**Ready to fly?** Emphasis is on maintaining a strong front crawl and elementary backstroke, with the addition of breaststroke, sidestroke and butterfly!! Open turns and dives are practiced.

## youth 5 (ages 6 - 14 years)

**Ready to go the distance?** Swimmers will work on previous level skills while adding more distance to established strokes, along with the addition of flip turns.

## adult swim basics (ages 16 - 99 years)

**Learning the basics?** Prerequisites none.

Participants will gain basic aquatic skills and swimming strokes. Student will earn skills and concepts needed to stay safe in and around water.

## adult swim skills (ages 16 - 99 years)

**Improving skills and swimming strokes?**

Participants must be comfortable in chest-deep water, able to put their face in the water, and able to perform strokes that can be recognized as front crawl, breaststroke and back crawl, each for 15 yds. Swimmers will improve proficiency in basic aquatic skills and the six basic swimming strokes.

# CLASS OFFERINGS

## BY BLOCK

BLOCK 1

June 6 - June 16

M, Tu, W, Th

Register by May 30

Class	Class Code	Days	Time
Preschool 1	MP11	M, Tu, W, Th	8:45a-9:15a
Preschool 1	MP12	M, Tu, W, Th	11:15a-11:45a
Preschool 2	MP21	M, Tu, W, Th	8:45a-9:15a
Preschool 2	MP22	M, Tu, W, Th	9:25a-9:55a
Preschool 2	MP23	M, Tu, W, Th	11:55a-12:25a
Preschool 3	MP31	M, Tu, W, Th	9:25a-9:55a
Preschool 3	MP32	M, Tu, W, Th	12:35p-1:05p
Youth 1	MY11	M, Tu, W, Th	12:00p-12:40p
Youth 2	MY21	M, Tu, W, Th	12:50p-1:30p
Youth 3	MY31	M, Tu, W, Th	1:40p-2:20p
Youth 4	MY41	M, Tu, W, Th	10:05a-10:45a
Youth 4	MY42	M, Tu, W, Th	2:30p-3:10p
Youth 5	MY51	M, Tu, W, Th	10:05a-10:45a
Youth 5	MY52	M, Tu, W, Th	1:15p-1:55p

BLOCK 2

June 6 - June 29

Mon & Wed

Register by May 30

Class	Class Code	Days	Time
Preschool 2	MWP21	Mon & Wed	6:30p-7:00p
Preschool 3	MWP31	Mon & Wed	5:50p-6:20p
Youth 3	MWY31	Mon & Wed	5:00p-5:40p
Adult Swim Basics	MWAB1	Mon & Wed	7:10p-7:50p

## BLOCK 3

June 7 - June 30

Tues & Thurs

Register by May 30

Class	Class Code	Days	Time
Parent & Child 1-2	TRPC1-2	Tues & Thurs	6:30p-7:00p
Preschool 1	TRP11	Tues & Thurs	5:50p-6:20p
Preschool 2	TRP21	Tues & Thurs	5:50p-6:20p
Preschool 3	TRP31	Tues & Thurs	7:20p-7:50p
Youth 1	TRY11	Tues & Thurs	5:00p-5:40p
Youth 2	TRY21	Tues & Thurs	5:00p-5:40p
Youth 3	TRY31	Tues & Thurs	6:30p-7:10p
Youth 4-5	TRY4-51	Tues & Thurs	7:10p-7:50p

## BLOCK 4

June 10 - Aug 5\*\*

Fridays or  
Saturdays

Register by June 3

Class	Class Code	Days	Time
Parent & Child 1	FPC11	Friday	8:45a-9:15a
Parent & Child 2	FPC21	Friday	9:25a-9:55a
Preschool 1	FP11	Friday	10:05a-10:35a
Preschool 2	FP21	Friday	10:45a-11:15a
Preschool 3	FP31	Friday	11:25a-11:55a
Youth 1	FY11	Friday	12:05p-12:45p
Parent & Child 1	SPC11	Saturday	8:30a-9:00a
Parent & Child 2	SPC21	Saturday	9:10a-9:40a
Preschool 1	SP11	Saturday	9:50a-10:20a
Preschool 2	SP21	Saturday	10:30a-11:00a
Preschool 3	SP31	Saturday	11:10a-11:40a
Youth 1	SY11	Saturday	10:00a-10:40a
Youth 2	SY21	Saturday	9:10a-9:50a
Youth 3	SY31	Saturday	8:20a-9:00a
Youth 4-5	SY4-51	Saturday	10:50a-11:30a

\*\* Please note that there will be no classes held on Friday, July 1st and Saturday, July 2nd.

**BLOCK 5**

June 20 - June 30

M, Tu, W, Th

Register by June 15

Class	Class Code	Days	Time
Preschool 1	MP11	M, Tu, W, Th	8:45a-9:15a
Preschool 1	MP12	M, Tu, W, Th	11:15a-11:45a
Preschool 2	MP21	M, Tu, W, Th	8:45a-9:15a
Preschool 2	MP22	M, Tu, W, Th	9:25a-9:55a
Preschool 2	MP23	M, Tu, W, Th	11:55a-12:25a
Preschool 3	MP31	M, Tu, W, Th	9:25a-9:55a
Preschool 3	MP32	M, Tu, W, Th	12:35p-1:05p
Youth 1	MY11	M, Tu, W, Th	12:00p-12:40p
Youth 2	MY21	M, Tu, W, Th	12:50p-1:30p
Youth 3	MY31	M, Tu, W, Th	1:40p-2:20p
Youth 4	MY41	M, Tu, W, Th	10:05a-10:45a
Youth 4	MY42	M, Tu, W, Th	2:30p-3:10p
Youth 5	MY51	M, Tu, W, Th	10:05a-10:45a
Youth 5	MY52	M, Tu, W, Th	1:15p-1:55p

**BLOCK 6**

July 11 - July 21

M, Tu, W, Th

Register by July 6

Class	Class Code	Days	Time
Preschool 1	MP11	M, Tu, W, Th	8:45a-9:15a
Preschool 1	MP12	M, Tu, W, Th	11:15a-11:45a
Preschool 2	MP21	M, Tu, W, Th	8:45a-9:15a
Preschool 2	MP22	M, Tu, W, Th	9:25a-9:55a
Preschool 2	MP23	M, Tu, W, Th	11:55a-12:25a
Preschool 3	MP31	M, Tu, W, Th	9:25a-9:55a
Preschool 3	MP32	M, Tu, W, Th	12:35p-1:05p
Youth 1	MY11	M, Tu, W, Th	12:00p-12:40p
Youth 2	MY21	M, Tu, W, Th	12:50p-1:30p
Youth 3	MY31	M, Tu, W, Th	1:40p-2:20p
Youth 4	MY41	M, Tu, W, Th	10:05a-10:45a
Youth 4	MY42	M, Tu, W, Th	2:30p-3:10p
Youth 5	MY51	M, Tu, W, Th	10:05a-10:45a
Youth 5	MY52	M, Tu, W, Th	1:15p-1:55p



**BLOCK 7**

July 11 - Aug 3

Mon &amp; Wed

Register by July 6

Class	Class Code	Days	Time
Preschool 2	MWP21	Mon & Wed	6:30p-7:00p
Preschool 3	MWP31	Mon & Wed	5:50p-6:20p
Youth 3	MWY31	Mon & Wed	5:00p-5:40p
Adult Swim Improving Skills	MWAI1	Mon & Wed	7:10p-7:50p

**BLOCK 8**

July 12 - Aug 4

Tues &amp; Thurs

Register by July 6

Class	Class Code	Days	Time
Parent & Child 1-2	TRPC1-21	Tues & Thurs	6:30p-7:00p
Preschool 1	TRP11	Tues & Thurs	5:50p-6:20p
Preschool 2	TRP21	Tues & Thurs	5:50p-6:20p
Preschool 3	TRP31	Tues & Thurs	7:20p-7:50p
Youth 1	TRY11	Tues & Thurs	5:00p-5:40p
Youth 2	TRY21	Tues & Thurs	5:00p-5:40p
Youth 3	TRY31	Tues & Thurs	6:30p-7:10p
Youth 4-5	TRY4-51	Tues & Thurs	7:20p-8:00p

**BLOCK 9**

July 25 - Aug 4

M, Tu, W, Th

Register by July 20

Class	Class Code	Days	Time
Preschool 1	MP11	M, Tu, W, Th	8:45a-9:15a
Preschool 1	MP12	M, Tu, W, Th	11:15a-11:45a
Preschool 2	MP21	M, Tu, W, Th	8:45a-9:15a
Preschool 2	MP22	M, Tu, W, Th	9:25a-9:55a
Preschool 2	MP23	M, Tu, W, Th	11:55a-12:25a
Preschool 3	MP31	M, Tu, W, Th	9:25a-9:55a
Preschool 3	MP32	M, Tu, W, Th	12:35p-1:05p
Youth 1	MY11	M, Tu, W, Th	12:00p-12:40p
Youth 2	MY21	M, Tu, W, Th	12:50p-1:30p
Youth 3	MY31	M, Tu, W, Th	1:40p-2:20p
Youth 4	MY41	M, Tu, W, Th	10:05a-10:45a
Youth 4	MY42	M, Tu, W, Th	2:30p-3:10p
Youth 5	MY51	M, Tu, W, Th	10:05a-10:45a
Youth 5	MY52	M, Tu, W, Th	1:15p-1:55p

# BECOME A **jr Lifeguard**

Junior Lifeguard classes are perfect for those age 10 - 14 who are interested in learning the ins and outs of what it takes to be a Lifeguard including: water safety, hazards in aquatic environments, basic water rescue, & first aid skills. Participants will work alongside the WARF Lifeguard Staff, gain valuable future job skills, and have lots of fun.



## **JUNE class**

**Register by June 6**

JUNJRLG

Monday - Friday

9:00 am - 4:00 pm

June 13 - June 17

\$195

## **JULY class**

**Register by July 18**

JULJRLG

Monday - Friday

9:00 am - 4:00 pm

July 25 - July 29

\$195

# BECOME A Lifeguard!

Get American Red Cross Lifeguard certified at the WARF and have the opportunity to work in a variety of exciting aquatic settings!



This course covers the fundamental skills required to become a lifeguard. All students must be 15 years of age by the last day of class. Participants must register for the prerequisite swim. If participant passes the prerequisite swim, they can then enroll & pay for the Lifeguard class. Digital books will be made available prior to start of class and loaner books will be available during class. Be sure to include an active email address where the digital copy can be sent. This course includes: First Aid/CPR/AED, & a Waterpark skills component.

Prerequisite Swim: 300 yard continuous swim demonstrating breath control and rhythmic breathing (any combination of front crawl and breaststroke). Tread water for 2 minutes using only the legs. Timed event (1 min 40 sec): starting in water, swim 20 yds, retrieve 10 lb brick from depth of 7-11 ft and swim 20 yds back to side of pool and exit water. Those wishing to practice brick retrieval prior to prerequisite can go to the guard office and request brick.

## APRIL CLASS

Register for class by April 22

<u>Prerequisite</u>	<u>AprLGpre</u>		
Friday	7:00p - 8:30p	04/29	\$50.00*
<u>Class</u>	<u>AprLG</u>		
Saturday	8:30a - 4:00p	04/30	\$175.00
Sunday	8:30a - 4:00p	05/01	
Saturday	8:30a - 4:00p	05/07	
Sunday	8:30a - 4:00p	05/08	

## MAY CLASS

Register for class by May 20

<u>Prerequisite</u>	<u>MayLGpre</u>		
Friday	7:00p - 8:30p	05/27	\$50.00*
<u>Class</u>	<u>MayLG</u>		
Saturday	8:30a - 4:00p	05/28	\$175.00
Sunday	8:30a - 4:00p	05/29	
Saturday	8:30a - 4:00p	06/04	
Sunday	8:30a - 4:00p	06/05	

\*Prerequisite non-refundable



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